

# HUNTERDON DERMATOLOGY, LLC

Christopher T. Cassetty, M.D.

Jennifer Rendall, PA-C.

6 North Main Street  
Flemington, NJ 08822

908-782-1647 phone  
908-782-7296 fax

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## Post Procedure Care: Cryotherapy (Liquid Nitrogen)

### Expectations:

1. After treating with cryotherapy (freezing), the site will become pink and may even become swollen.
2. The treated site can develop crusting, scabbing, and potentially even blistering with a dark or purple discoloration.
3. The treated site should heal within a 2-4 week time period. Healing time may vary slightly depending on the location of treatment.

### Cryotherapy Site Care:

1. Gently cleanse the site daily and pat dry.
2. **Do NOT pick at the crusting or scabbing** as this can increase the risk for scarring.
3. Apply a soothing ointment like Vaseline to the site.
4. Due to an increased risk of allergic reactions, do not use Neosporin/Bacitracin unless directed.
5. If desired (optional), the site can be covered with a bandage.
6. If a blister should form, the blister can be left intact, following the care instructions above.
7. If the blister should become large, tense, or uncomfortable, it can be drained with a sterile needle after cleaning with rubbing alcohol. When draining a blister, do keep the skin on top intact to serve as a natural dressing. Continue to follow the care instructions listed above. Contact the office if you need our assistance in person.
8. Continue caring for the site until it is well healed.

### Pain Management:

1. For any pain or discomfort after the procedure, you may take acetaminophen (Tylenol or Extra Strength Tylenol), following the instructions on the packaging.
2. Do not take aspirin, ibuprofen, naproxen or alcohol as these may promote bleeding.

### Call our office at 908-782-1647 for any concerns noted below:

1. If bleeding occurs, hold firm pressure with a gauze to the site for 10-20 minutes. If the bleeding does not stop after 20 minutes of firm pressure, call our office.
2. Call our office for any signs of infection including:
  - a. pus or increased drainage
  - b. increased pain around the site
  - c. increased redness or red streaks that develops around the site
  - d. swollen lymph nodes near the site
  - e. fever/chills